

Supplementary Table 1. GRADE system for defining the strength of the recommendation and certainty of the evidence*

<p><u>Strength of recommendation</u></p> <p>1: Strong; “We recommend”</p> <p>2: Weak; “We suggest”</p> <p><u>Quality of evidence</u></p> <p>A: High (based on multiple well-designed and conducted trials or meta-analyses on applicable populations)</p> <p>B: Moderate (based on a single trial or multiple trials with minor limitations, or consistent findings from multiple observational studies)</p> <p>C: Low (based on single or few observations studies or multiple studies with inconsistent findings or major limitations)</p> <p>D: Very low (based on expert opinion, case reports, reasoning from first principles)</p>
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*Adapted from: Atkins D, et al; GRADE Working Group. Grading quality of evidence and strength of recommendations. *BMJ* 2004; 328: 1490.